Fleet Activities, Yokosuka, Japan

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Summer safety: Staying safe in the warmer weather

Story and photo by Joe Schmitt, CFAY Public Affairs

Commander Fleet Activities Yokosuka Safety Department hosted a Safety Fair that leads into the 101 Critical Days of Summer program in the red brick area near the Navy Exchange May 23. The programs are part of CFAY efforts to reduce injuries during the summer season.

"We do this every year because we still lose Sailors and Marines to summer-time mishaps and accidents," said CFAY Safety Director Jonathan Moore. "Every Memorial Day Weekend we kick off the 101 Critical Days Of Summer and it ends on Labor Day, that is the time where the Navy records that people have more accidents. So, we brought everybody out here to put on a safety fair to teach people how to stay safe."

Heat injuries like heat stress are common in the area. According to the Japanese Meteorological Agency website, temperatures for that region around CFAY can reach 40 degrees Celsius or about 104 degrees Fahrenheit with extremely high humidity. This can be dangerous for people who are outside or exercising for long periods of time.

"Heat stress is a big concern, we have many incidents with people not drinking enough water or staying out in the sun for too long," said Moore. "People are also driving more. They are taking vacations, going to the beach, the weather has warmed up and they are doing more outside. That can cause the amount of risk to increase. So, we want them to be aware of their safety and keep that in mind while they are out having fun."

Ariand Johnson, a second grader at The Sullivan's Elementary School, takes a ride on Yokosuka Police Station's "seatbelt convincer" during CFAY Safety Fair, May 23. The fair emphasizes safety topics like car saftey during the 101 critical days of summer that starts Memorial Day Weekend and goes to Labor Day.

Students from some of the Department of Defense Education Activity Schools on CFAY came to the safety fair with their teachers and filled out their safety passports, a sheet of paper with a stamp for completing or visiting each of the booths.

"Students are about to enter their summer break and can make good use of the information they learn here," said Steve Parker, teacher at The Sullivans Elementary School. "They can also take what they've seen home and ask their parents to be safety conscious too."

Commander Naval Regional Japan Fire Department focused on the dangers of fires both indoor and while barbecuing outdoors and how to use a fire extinguisher correctly. There were booths on anti-smoking, electrical safety, first aid and the Japanese police brought out their air bag convincer, patrol car and motorcycles.

"The Yokosuka City Police are always happy to participate in these events because base drivers are on the road not only on base but in Japan as well," said Yokosuka Police Officer Asako Uchinaga, through a translator. "The Yokosuka City Police and CFAY Security cooperate so it's also good for building the relationship between the countries."

Moore emphasized that people are responsible for their safety during all situations and asked residents to make good choices through out the season.

Building Energy Monitor program sets power usage guidelines

Story and photo by Joe Schmitt, CFAY Public Affairs

Naval Facility Engineering Command Far East (NAVFAC) Public Works Department on board Commander Fleet Activities Yokosuka (CFAY) started to emphasize its Building Energy Monitor program before the increased electrical usage that the summer season brings.

The program also enforces reducing wasting water. Reducing the wasting of electricity and water are mandates set by the U.S. Navy and the program is one way for CFAY to meet those mandated goals.

"Since last year, when we had to cut our usage to prevent the rolling blackouts, people have continued those habits that reduced the amount of electricity they use in their office or home," said CFAY Energy Manager Tom Bawden. "It's good that people are taking that initiative, we also need guidelines to help other people to understand where they can reduce the amount of electricity they use."

The program establishes a person, a building energy monitor, whose responsibility is identifying where electricity is being wasted or where a process can be done more efficiently to lower the amount of power needed to accomplish the same task.

"The base energy instruction needed to be updated," said CFAY Energy Project Developer Michael Gabiga. "We knew that other bases, mostly in the states, already had building energy monitor program. So, we took this opportunity to add the program to our instruction."

The monitors familiar with the building and will be able to identify what are the best ways to reduce waste.

The program requires monitors to do at least a monthly audit on their buildings to ensure guidelines are followed.

"Common hits are things like leaving the lights on all the time, especially after the work day or when nobody is utilizing that space, same goes for computer monitors. People just need to turn them off when they are leaving for the day," said Bawden. "At home it can be the same things. People leave the TV on when they aren't watching it or leave lights on in rooms they aren't in, these are easy things to fix and can save quite a bit of electicity."

The biggest usage of power during the summer is air-conditioning units.

CFAY set specific temperature guidelines for households on base.

These regulations are meant to both keep mold from growing and to manage the amount of power being used.

"There are a lot of misconceptions about cooling a space with air conditioning. Leaving it on all day will not save energy, you only need to turn it on when people are in the room. Setting it colder will not cool the room off any faster, it will keep the unit running longer," said Gabiga. "These are things we discuss at the monthly meetings. Monitors can then take the information back and train other people to be more aware of how much electricity they can save."

(Center) CFAY Energy Manager Tom Bawden and Yokosuka Energy Project Developer Michael Gabiga explain how to reduce the amount electricity wasted by changing your daily routine. Turning off monitors and lights when not in use, using natural lighting and correctly setting an air conditioner during the summer can significantly reduce the amount of electricity a home or office uses during the day.

People or offices with hits will eventually be awarded demerits. If a single household or command accumulates enough demerits they will assign the household members to go through energy and water waste reduction training.

For ways your home or office can reduce energy waste contact your building energy monitor.

INSIDE

George Washington departs for 2012 patrol

The U.S. Navy forward-deployed aircraft carrier *USS George Washington* (CVN 73) departed its homeport of Fleet Activities Yokosuka on May 26 for its 2012 patrol.

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Medal of Honor recipients visit CFAY customer appreciation day

Navy Exchange, Morale, Welfare and Recreation, Defense Commissary Agency and other organizations on board CFAY held their annual customer appreciation weekend May 19-20.

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